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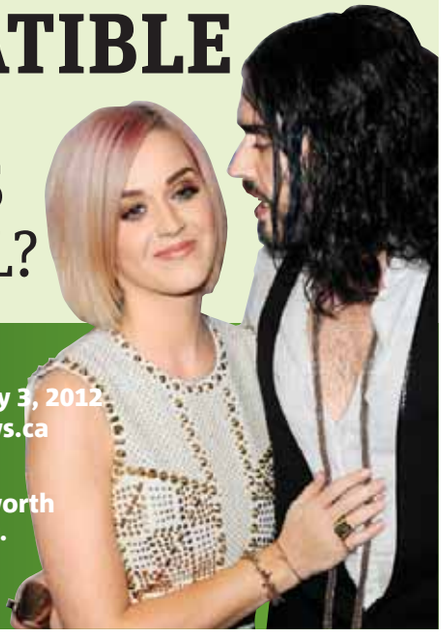
MADE RESOLUTIONS?
PLANNING AND BABY STEPS WILL GIVE THEM MOMENTUM {page 12}

INCOMPATIBLE
WAS KATY TOO FAMOUS FOR RUSSELL?
{page 11}



CALGARY metro®
Tuesday, January 3, 2012
www.metronews.ca
News worth sharing.

Burris bound for Steeltown

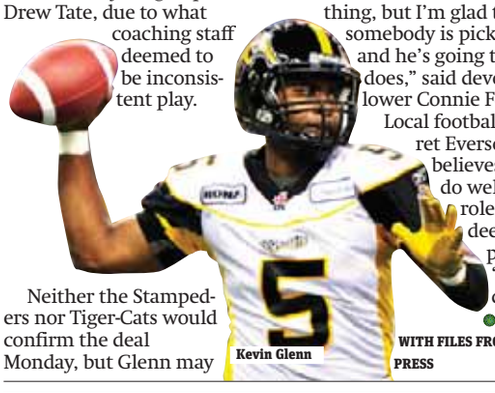
During nine years in Calgary, Henry Burris threw for more than 32,000 yards and 230 touchdowns He also steered the team to a Grey Cup in 2008 Franchise's pivot of the future Drew Tate was re-signed last week

It appears Henry Burris has smiled for the last time in a Calgary Stampeders uniform.

According to two league sources who requested anonymity, the Stamps have reached a deal with the Hamilton Tiger-Cats that will swap the longtime quarterback for fellow pivot Kevin Glenn and offensive lineman Mark DeWit.

The deal comes after the season ended at a low point for the popular Burris.

Less than a year after earning the league's most outstanding player honour, Burris was sidelined with three games left in favour of younger quarterback Drew Tate, due to what coaching staff deemed to be inconsistent play.


Kevin Glenn

Neither the Stampeders nor Tiger-Cats would confirm the deal Monday, but Glenn may have shed some light on his feelings of dressing for the Stamps via Twitter.

"NEW & EXCITING THINGS IN MY FUTURE!! CAN'T WAIT (Bart Scott voice)," he tweeted Sunday.

Stamps fans speaking to Metro said they understood the need to deal Burris but were sad to see him go.

"It's kind of a bittersweet thing, but I'm glad to see that somebody is picking up Henry and he's going to do what he does," said devoted team follower Connie Fekete.

Local football coach Garret Everson said he believes Glenn will do well in a mentor role to Tate but deemed his CFL play to date "up and down."

JEREMY NOLAIS/ WITH FILES FROM THE CANADIAN PRESS

Leaving his mark

- Quarterback Henry Burris will leave the Stampeders as a leader in passing yardage, completions and touchdowns.

THE CANADIAN PRESS

Longtime Calgary Stampeders quarterback Henry Burris will don the familiar yellow and black of the Hamilton Tiger-Cats, while quarterback Kevin Glenn and University of Calgary product Mark DeWit are coming to the Stamps.

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And baby makes two New Year 1st's in the family

Lightning shouldn't strike in the same place twice, the same person shouldn't win two lotteries and people really shouldn't have back-to-back New Year's babies.

But even the longest odds can be defied, and on Sunday at 12:46 a.m., Grace Olivia Ketcheson was the first baby for 2012 at Medicine Hat Regional Hospital, arriving 365 days and four minutes after her older brother, Jack, was the first baby in Regina in 2011.

Grace is the fourth child of Bobbi Jo and Kurtis Ketcheson. All four are younger than four.

"My dad was with me (Saturday)," Bobbi Jo Ketcheson said. "I had just changed the laundry over and hadn't even been sitting on the couch for five minutes. I gagged once, ran to the kitchen sink and threw up and looked at my dad: 'Oh no. Call 911. I have to push.'"

Bobbi Jo suffers from hyperemesis gravidarum, which causes extreme, persistent vomiting during pregnancy.

Ketcheson's abnormally short labours leave her with just minutes to get to a hospital. The couple had a bed set up in their heated garage this time around in case she couldn't make it to the hospital in time.

They even went as far as to make dry runs to the hospital to determine the fastest route.

Both Grace and Jack were premature babies and weren't due until February.

THE CANADIAN PRESS

SUBMITTED

▶ Nook, an eight-year-old golden retriever seen in this undated photo, was poisoned last week on a farm near Nanton by what his owner and a veterinarian suggest was chemically laced chicken.

Town shaken by multiple dog-poisoning incidents

Nanton residents say one animal dead, at least three others hurt since last summer ◐ Symptoms consistent with strychnine, vet says

JEREMY NOLAIS
@METRONEWS.CA

Animal lovers in an Alberta town fear more canine companions could be at risk after a string of apparent poisonings.

Nanton RCMP issued a release Monday stating they were looking into a case from last week that saw two dogs suffer near-fatal symptoms after ingesting what a local veterinarian believes was cooked chicken laced with strychnine.

Karen Legault owns the two dogs involved. She arrived home Wednesday evening to find her younger pup, a one-year-old retriever cross named Belle, struggling to walk. Within moments, her oldest son found the family's second dog, an eight-year-old golden retriever named Nook, convulsing violently underneath a tractor on their farm southeast of Nanton's city limits.

"I hope no one else ever has to see what my boys saw," Legault said.

The incident came just weeks after Troy Flianden's black Labrador Trooper was also poisoned near his home located in town and forced into a medical coma for a number of days.

"It was pretty upsetting," he said.

Local vet Dirk DeGraaf treated all three dogs and said contents of their vomit indicate cooked chicken likely contained the poison.

"Unfortunately it seems somebody has been putting out bait, whether it was intentional to harm these dogs or accidental with trying to kill coyotes or gophers," he said.

Legault and DeGraaf both indicated that a fourth dog was poisoned in a similar manner last summer and eventually died. RCMP investigators familiar with the case could not be reached to confirm the death Monday.

Legault, meanwhile, says Nook may not be out of the woods yet.

"We don't know if his muscle strength will return," she said. "We are still waiting to see what happens."

Fast-acting poison

▶ If a large-enough dose is ingested, dogs can succumb to the effects of strychnine in as little as an hour, according to Nanton veterinarian Dirk DeGraaf.

A smoky but safe homecoming

Coming home to find extensive smoke damage was not the start to the New Year Rupinderjit Singh had been hoping for.

After a few days in Edmonton, where Singh works, he, his wife and their two-and-a-half-year-old son returned to their Taradale home to find the Calgary Fire Department at their doorstep.

KATIE TURNER/METRO

▶ Firefighters sit on the steps of a Taradale home damaged by smoke.

Spokesperson Brian McAsey said they were called to the home Monday because of reports of a house fire. Upon arrival, they found the fire was out but had caused extensive smoke damage to the home.

"As long as my family and I are good, I'm OK," said Singh. "You can build a new house.... I'm happy they were with me."

The cause of the fire is under investigation.

KATIE TURNER

News in brief

Man charged in sex assault

WEEKEND INCIDENT. Sex-assault charges have been laid against 37-year-old Fadi Gebara. According to police, a 27-year-old female victim was sexually assaulted Friday morning and left on the side of the road after allegedly accepting a ride from the accused. METRO

Death may be ecstasy-related

UNSAFE DRUG. Though toxicology results are still pending after the death of a man in his 20s over the weekend, Calgary police are warning people of the dangers of ecstasy. "Any amount of this drug is highly dangerous," said acting Staff Sgt. Mike Bossley. METRO

1 news

Montreal's revamped Cosmodome offers visitors a chance to explore the universe at a fraction of the $35-million cost of being a space tourist. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca

Edmonton photographer Paul Burwell explains how he creates his detailed and radiantly lit images of snowflakes. Video at metronews.ca/video

Follow us on Twitter @metrocalgary

2011 was an unusual year for murders in Canada, with some areas setting records for most or fewest homicides ◗ Here's a look at all nine of Metro Canada's cities

Vancouver
Population: 578,000
The City of Vancouver saw 15 homicides in 2011. The final homicide in the city was the New Year's Eve stabbing death of 19-year-old Dylan Cody Smith at an apartment. In Metro Vancouver and the Fraser Valley, there were 35 homicides in 2011, according to CBC.

15

Edmonton
Population: 730,000
Edmonton saw its deadliest year ever in 2011 — including two slayings in the final 24 hours, with a 35-year-old man and a woman in her 20s becoming the 46th and 47th homicide victims. The city, which led the country in homicides, surpassed its previous record of 39 from 2005.

47

Winnipeg
Population: 633,000
Winnipeg saw a record 39 homicides in 2011, up from the previous record of 34. The high number of killings was attributed to increasing gang violence and one instance where a woman allegedly set fire to a rooming house, killing five occupants.

39

Halifax
Population: 370,000
Homicides were up significantly for Halifax, with 17 throughout the municipality in 2011. That's six more than in 2010 and four more than the previous record of 13 from 2009. Most of the homicides weren't random, but in late November three teens were charged in the indiscriminate shooting of a Halifax-area senior out for a walk.

17

Montreal
Population: 1.6 million
Montreal saw 35 homicides on its territory in 2011, down two from 2010. In the province of Quebec there were 102 homicides, an increase of 28 per cent.

35

Ottawa
Population: 812,000
Ottawa had 11 homicides in 2011. Four victims were women and the rest men. Knives were used in five of the cases. Three other victims were shot, all of whom were men with criminal ties. The shootings remain unsolved as do three other cases: in one case, the cause of death has not been released.
Ottawa had 10 homicides in 2010.

11

Calgary
Population: 988,000
Early intervention and funding commitments from municipal and provincial governments are being touted as major factors in keeping Calgary's homicide number at 11, the lowest it's been in eight years. The final count is in stark contrast to killings at the height of the city's gang war in 2008 and 2009, when roughly three times the murders were recorded.

11

Toronto
Population: 2.5 million
Toronto recorded 46 murders in 2011, the lowest number in 25 years. This was the fourth straight year of declines since 2007, when the city recorded its deadliest year (matched in 1991) with 86 homicides. Police Chief Bill Blair attributed some of the decline to the disruption of gang activity following sweeping raids carried out across the region.

46

London
Population: 352,000
London police reported eight homicides in 2011 — up from seven in 2010 — the most murders on record since slayings spiked to 14 in 2005. The last murder was reported on Dec. 27, when Said Hadbai, 20, was found shot in a parking lot. He died in hospital.

8

TORSTAR NEWS SERVICE

January

3

Resolution ready.

67 calories per 341mL bottle. That's about half the calories of wines or mixed drinks*. Here's to a win-win resolution.

Must be legal drinking age. *Calculations based on an average serving (6 oz glass of wine and single serving of mixed drink). Details at molsoncanadian67.ca

Man arrested in connection with L.A. arson spree

◗ Suspect is a German national ◗ Federal authorities recognized him from immigration court: Police

DAN STEINBERG/THE ASSOCIATED PRESS

▶ Firefighters extinguish numerous cars on fire in a carport in the Sherman Oaks neighbourhood of Los Angeles yesterday.

Authorities arrested a German man yesterday in connection with dozens of suspected arson attacks that destroyed parked cars, scorched buildings and rattled much of the second-largest U.S. city over the New Year's weekend.

Harry Burkhart, 24, was booked for investigation of arson of an inhabited dwelling and was being held without bail, authorities said. Police said he told arresting officers he's from Frankfurt.

Burkhart was arrested earlier in the day because he resembled a "person of interest" captured on surveillance video. He was stopped by a reserve sheriff's deputy in a van being sought by arson investigators, who did not rule out the possibility that others may be involved.

More than 50 blazes have flared since Friday in Hollywood, neighbouring West Hollywood and the San Fernando Valley, causing about $3 million in damage.

THE ASSOCIATED PRESS

3 more officers charged in Grenada death

Three more Grenada police officers were charged with manslaughter on Sunday in the beating death of a Canadian.

A police statement said officers Edward Gibson, Shaun Ganness and Ruddy Felix were arrested and charged in the beating death of 39-year-old Oscar Bartholomew of Toronto, who was visiting the island to see family. The Sunday arrests brought the number of police suspects to five.

THE ASSOCIATED PRESS

Mubarak charges could be dropped

Acquittal of policemen accused of killing protesters raises speculation about former Egyptian president

MOHAMMED AL-LAW/THE ASSOCIATED PRESS

▶ Former Egyptian president Hosni Mubarak is wheeled into a Cairo courthouse on Monday to face charges of complicity in the killing of protesters last year.

The trial of Hosni Mubarak resumed in Cairo on Monday amid speculation that a recent acquittal of policemen tried in the killings of protesters could be a prelude to the dismissal of charges against the ousted Egyptian leader.

Mubarak, 83, is accused of complicity in the killing of more than 800 protesters during the uprising that toppled his 29-year regime last year.

He was brought by helicopter to the Cairo courthouse from a hospital where he is held in custody. He was then taken into the defendants' cage on a gurney.

Another Cairo court on Thursday acquitted five policemen of charges of killing five protesters during the uprising last Jan. 25 to Feb. 11. The court said three of the defendants were not at the site of the killings while the other two fired on protesters in self defence.

The ruling angered families of the victims. Activists demanded justice and complained that similar cases are languishing in courts in several Egyptian cities. THE ASSOCIATED PRESS

Show. Of strength

▶ Iranian naval officers celebrate after the successful launch of a Ghader missile at the shore of the Gulf of Oman during a drill on Monday.

HAMED JAFARNEJAD/ FARS NEWS AGENCY/THE ASSOCIATED PRESS

Iranian navy test-fires cruise missile

Iran test-fired a surface-to-surface cruise missile during a drill that Admiral Habibollah Sayyari said proved Tehran was in complete control of the strategic Strait of Hormuz, the passageway for one-sixth of the world's oil supply. Tehran has threatened to close the strait as retaliation for new U.S. economic sanctions.

Israeli-Palestinian peace talks to resume

Israeli and Palestinian envoys will meet in Jordan on Tuesday in a last-ditch effort to salvage peace talks, the first time the sides are meeting since talks collapsed in September 2010.

But Saeb Erekat, the chief Palestinian negotiator, warned that, without a breakthrough, the Palestinians will likely abandon talks and look to alternatives such as trying again for recognition at the UN.

Erekat is set to meet Yitzhak Molcho, Israel's envoy, in what officials say is not a formal negotiating session but an attempt to find enough common ground to resume negotiations. THE ASSOCIATED PRESS

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Media mogul tweets his 2012 resolutions

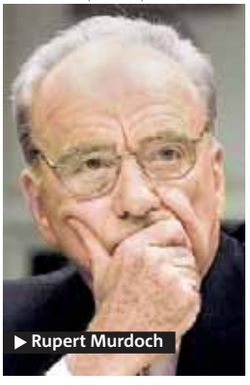
- 80-year-old Murdoch joins Twitter for the new year
- More than 46,000 followers by Monday morning

Rupert Murdoch has begun the new year by setting up in a new field of communications. He's started tweeting.

The media mogul, who is recovering from perhaps his most difficult year in the business, is posting on Twitter under the handle @rupertmurdoch, spokeswoman Daisy Dunlop at News International confirmed Monday.

The account was opened over the New Year's holiday, but many doubted its authenticity because Murdoch, 80, has generally tried to stay out of the spotlight as his media empire comes under increased scrutiny because of widespread phone hacking at his U.K. newspapers.

SUSAN WALSH/FILE PHOTO/THE ASSOCIATED PRESS



▶ Rupert Murdoch

"My resolutions, try to maintain humility and always curiosity," he tweets, making no mention of his business troubles. "And of course diet!"

His wife Wendi Deng has also started tweeting — she's @wendi-deng — referring to the setbacks: "A lot of bad things happened in 2011 but I hope in 2012 we can put them all behind us and sail on to a bright future for everyone Wxx."

She also gently reminds fellow tweeters to spell her first name with an "i" at the end, not a "y."

The Murdochs' entry into the world of Twitter was met with some bemusement and some hostility.

John Prescott, former U.K. deputy prime minister, came up with one of the wittier responses. "Welcome to Twitter," he writes to the mogul. "I've left you a Happy New Year message on my voicemail!"

THE ASSOCIATED PRESS

Gas. Up

▶ An attendant sells fuel at a petrol station in Lagos, Nigeria, Monday.

SUNDAY ALAMBA/THE ASSOCIATED PRESS

Nigeria's gas prices may fuel unrest

Nigeria is ending fuel subsidies, an official said Sunday, a move that is sure to be unpopular in the oil-rich nation where citizens see cheap fuel as one of their few government benefits. Two union groups are threatening strikes and protests.

Pipeline top of election agenda

President Barack Obama and Congress are starting the election year locked in a tussle over a proposed 2,735-kilometre oil pipeline that will force the White House to make a risky choice between two key Democratic constituencies.

Some labour unions say the pipeline would create thousands of jobs, while environmentalists fear it could lead to an oil spill disaster.

THE ASSOCIATED PRESS

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Corporate Canada reaping more money: StatsCan

Profitable Canadian businesses are set to reap $2.85 billion in additional income tax savings in 2012, even as Prime Minister Stephen Harper complains about all the private "money sitting on the sidelines."

The last of five annual corporate tax cuts took effect Sunday, reducing the federal rate by another 1.5 points to 15 per cent.

This comes as corporate Canada, from multinationals to midsize businesses, squirrels away hundreds of billions of dollars as it rides out a second storm of global economic turbulence over the last three years.

The latest figures from Statistics Canada through the third quarter of 2011 show business sitting on more than $583 billion in Canadian currency and deposits, and more than $276 billion in foreign currency.

Those cash reserves have climbed nine per cent since last year and 27.3 per cent since 2007, when the Canadian economy was booming and new corporate tax cuts were announced.

Even after removing Canada's banks from the equation, non-financial corporations saw their currency and short-term paper assets climb $33 billion in the third quarter of 2011.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+ 113.4 (11,955.09)	+ 0.37¢ (98.33¢ US)

OIL	Natural gas
- 82¢ US ($98.83 US)	$2.989 (- 3.8¢)

Gold $1,566.80 (+ $25.90)

12 RESOLUTIONS WORTH KEEPING FOR 2012

SHE SAYS ...

METRO

So have you broken all your new year's resolutions yet? Of course you have. Now forget those lofty ambitions that would have you forsake all your vices simultaneously, and let's try to focus on setting some small goals for the new year.

I've taken the liberty of compiling a list of 12 entirely achievable resolutions that I'd like you (yes YOU) to make and keep for 2012. Don't worry, I promise to try my best to adhere to them as well. After all, even a few minor changes can make the world a much better place for me, you and everyone we know.

1 I will stop Keeping Up with the Kardashians once and for all and spend more time with my own family.

2 I will stand right and walk left on escalators.

3 I will stop doing that thing where I see an acquaintance on the street and pretend I don't know them. We both know what's going on; let's just stop being awkward and say hello.

4 I will take better care of my hair because someday I might lose it all.

5 The same thing goes for my money.

6 I will resist the urge to Like a Facebook status update about an engagement or pregnancy in order to prevent a never-ending stream of annoying comment notifications in the days that follow.

7 I will stop letting the smug woman behind the GPS navigation voice jeopardize my relationship, and surrender to the fact that maybe she does know best.

8 I will recognize that the only things that belong on the dinner table are food and cutlery, not my cellphone.

9 I will stop blaming public transit for my late arrival at the office every single morning and admit to myself (and my boss) that maybe I should be getting up 10 minutes earlier. Alternatively, I will think of some new excuses for my tardiness.

10 I will buy the $14 bottle of wine, not the $9 bottle. Yes, I want to save money, but the 12-hours-from-now version of me will appreciate my largesse.

11 I will listen to my mother and wear the appropriate footwear for the weather conditions.

12 I will actually pay attention to the auto-correct function on my phone and stop sending embarrassing typo-filled messages to friends and family. After all, "Did you show your boss?" is a very different question than "Did you show your boobs?"

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

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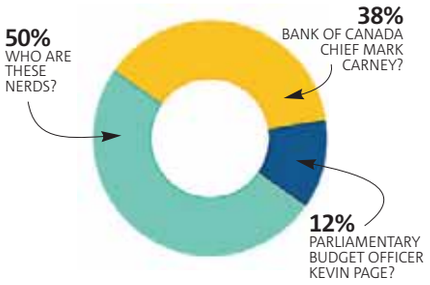
Who would win a telepathic battle of smartness?



Local tweets

- **@erictiptap-tip:** Streets were oddly empty this morning. Thought I slept through the apocalypse and no one told me. http://twitter.com/search?q=%23yyc #yyc
- **@shaylay08:** What a beautiful day in the neighborhood!!! #yyc
- **@tonieminhas:** Just watched Switzerland beat Denmark in OT! Good game! #worldjuniors #yyc
- **@toofreshh:** This weather in #yyc is great but freaking me out now... January 2nd & the sun is shining brighter than it ever has. Winter? Ok.
- **@jamwil:** Just had the pleasure of meeting @tsnjamesduthie. I love World Junior time. #yyc
- **@momwhoneedswine:** A lovely afternoon in #yyc for some outdoor skating!
- **@rebelliousyogi:** Elevator/door/bus/train etiquette: allow the people to exit FIRST then enter/board. They come out... then you go in. Exit > enter. Capice? #yyc
- **@MyLeatherJacket:** There's definitely something more enjoyable about being able to walk around #yyc today versus driving.

Daily Zoom

BINSAR BAKKARA PHOTOS/THE ASSOCIATED PRESS

Half of country's rainforests lost

Orphaned baby orangutans Septian and Seroja play inside a basket at a Conservation Programme facility in Batu Mbelin, North Sumatra, Indonesia. Indonesia has lost half of its rainforests in the last half century, putting the remaining 50,000 to 60,000 orangutans living in scattered, degraded forests in frequent, and often deadly, conflict with humans.

THE ASSOCIATED PRESS

Living in a concrete jungle

Veterinarians conduct surgery on an estimated 40-year-old orangutan named Puyul, who suffers from a broken leg, at their facility in Batu Mbelin, North Sumatra, Indonesia. Puyul broke his leg falling from a tree while being rescued by conservationists after he was found roaming a rubber plantation too close to a village. The vets also found air-rifle-pellet wounds in Puyul's body.

THE ASSOCIATED PRESS

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2 scene

Blasting gender roles

Bomb Girls is a new series that celebrates the strength of the women who worked in munitions factories during the Second World War ◗ Oscar nominee Meg Tilly plays the factory's supervisor

ANNE BRODIE
SCENE@METRONEWS.CA

In 1995, Oscar nominee Meg Tilly left Hollywood to write, and raise her family, including a son with Colin Firth.

She's back in a passion project, Bomb Girls, set in an Ajax, Ont., munitions factory during the Second World War.

Tilly relishes her role as Lorna, whose abusive husband returned from the war paralyzed and who supervises the girls on the factory line.

Tilly sat down with Metro to talk about Bomb Girls and gender issues that are still relevant in 2012.

"I have my little chickadees to look after on Bomb Girls," says Tilly.

"Everyone's younger than me and there's all this female power. It's very sweet.

"I feel so privileged to work in this environment. How often can you walk back in a chunk of time and explore it and life in it and love it?

"There is also such good will for this show. It was a brave choice to do such an unlikely look at the Second World War. The women had their jobs and husbands overseas but they were fighting behind the lines to protect their men and their children at home. They were soldiers."

HANDOUT

▶ Meg Tilly, shown in blue, says the reason she left acting was to give her children a chance to have a normal childhood.

Lorna is nurturing yet stern in this dangerous place, where one spark from a ring or hairpin could blow it sky high.

I wanted that, "Whoa, she's tough!" But why is she tough? If someone makes a decision you don't agree with you have to understand the whys. It's her job to keep the factory safe.

She doesn't want some dilettante coming here who could kill them all. I love the humanness of the characters, more noble than they realize.

One of her charges is Gladys, a headstrong Rosedale debutante played by Jodi Balfour. Gladys works in the office but dreams of joining the line, even as her father demands that she quit and marry. Balfour says the series reflects social realities that still exist.

These issues never become irrelevant. We may have come a long way in gender issues since the war and the overt discrimination, but those things still exist.

We have the resources to do something about them. Gender stereotypes discriminating against women can be dealt with; there are channels you can process these things through now.

But it doesn't mean attitudes have changed.

Balfour says the series inspired nostalgia for a time she never knew.

Entirely, but I've been like that all my life. I've always felt I was born into the wrong era. I relate so much to this way of being, the chivalry of it all.

It wasn't an easy time to be a woman and I am nostalgic for it. I feel I missed out on the best time to be alive.

And being wartime, they sucked the marrow out of every day.

Bomb Girls, starring Meg Tilly and Jodi Balfour, starts Wednesday night on Global.

Why Meg Tilly quit acting

I took my kids, always, on films. My daughter was in the third grade and I took her when I did Leaving Normal. When we went back, her best friend was best friends with someone else and there were only seven girls in the class and she didn't have anyone to eat lunch with and she cried. I thought this is why a lot of actors mess up. Coming from a challenging childhood, I didn't want to leave my kids with someone else. If I took them away with me six or seven months a year they wouldn't have any kind of life. I realised what would pay me the most for the least amount of time, so I did TV, guest stints and saved the money, socked it away and when I had enough, I quit.

Box office

Tom Cruise's new mission remains impossible to beat at the box office. Studio estimates Sunday placed Mission: Impossible - Ghost Protocol in the No. 1 spot for the second-straight weekend with $38.3 million. With a $141.2 million domestic total, it's the first $100 million hit with Cruise in the lead role since 2006's Mission: Impossible III. The movie led a solid New Year's weekend as Hollywood managed fair business to end a sluggish year on a more promising note for 2012. Sherlock Holmes: A Game of Shadows finished second again with $26.5 million, raising its domestic total to $132.1 million. The family sequel Alvin and the Chipmunks: Chipwrecked was still at No. 3 with $21 million to lift it to $94.6 million.

THE ASSOCIATED PRESS

Berlin film festival to honour Meryl Streep for career achievements.

DVD Releases

Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ Borrow it ◍◍◍ | Yawn ◍◍ | Don't bother ◍

Contagion
Genre: Thriller
Director: Steven Soderbergh
Stars: Matt Damon, Kate Winslet, Jude Law
◍◍½

Steven Soderbergh's Contagion is the feel-bad movie of 2011. A star-studded thriller, it's reminiscent of 1970s disaster movies, yet it's more grounded in reality. The film details the rapid spread of a lethal new virus, MEV-1, and does so quite realistically, at least until an outbreak of maudlin illogic near the end.

Working as his own cinematographer from a script by screenwriter Scott Z. Burns (The Bourne Ultimatum), Soderbergh spares few sensibilities in outlining how quickly a contagion would cross international boundaries.

Gwyneth Paltrow is Patient Zero, a business traveller named Beth Emhoff, who is intriguingly introduced on Day Two of her swiftly developing infection — we don't immediately know what happened on Day One. Whatever Beth caught on a trip to China is now returning home with her to Minnesota, where her new husband, Mitch (Matt Damon), and young son are waiting to welcome her home.

Beth is barely through the door when crisis strikes. As Mitch struggles to take in what's happened to his family, governments attempt to grasp an escalating infection rate and body count as scientists search for a vaccine.

At times, Soderbergh seems to lose track of too many subplots that include a kidnapping, marital infidelity, a government inquiry and a father-daughter trek. But Contagion demonstrates he still has it in him to deliver a mainstream movie. Just don't forget to Purell before watching. Extras include making-of featurettes.

PETER HOWELL

Russell Brand and Katy Perry: What happened?

Though the couple appear headed for divorce, details have been scarce

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Without knowing either of the stars, please join me as I wildly speculate what drove Brand to file divorce papers last week.

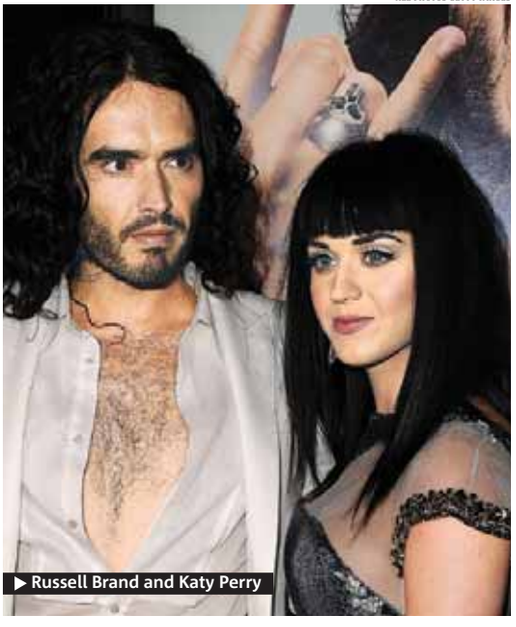
Too much, too soon:
The two met in 2008 on the set of Brand's comedy Get Him to the Greek. After meeting again at the MTV Video Music Awards in 2009, the two started dating and it was infatuation at first sight.

Just four short months later, the two got engaged. Perry was just 25.

The two got married at a tiger sanctuary in India eight months later.

Different lifestyles
Brand is a famous former heroin and sex addict, as well as a recovering alcoholic — and is now sober and likes to stay in, watching soccer.

ALL PHOTOS GETTY IMAGES



▶ Russell Brand and Katy Perry

Katy Perry sings songs about blacking out on Friday nights — and likes to party with people like Rihanna. Oh, and Perry's family are evangelical Christians. And, well, Brand is a recovering heroin, sex and booze addict.

The fame game
This has been the busiest year for Katy Perry — she became the first woman, and second artist overall following Michael Jackson, in the 53-year history of the Billboard Hot 100 to send five songs from an album to No. 1 with her sophomore effort Teenage Dream. She went on a massive tour, performed at most awards shows, and debuted a rainbow of new hair colours.

Brand starred in Arthur. Enough said.

The whip cream bra finally ran out
You know what they say: In any relationship, it's important to keep things interesting in the bedroom.

Celebrity tweets

@aplusk

In 2012 let's agree to a resolution to feel one another's pain & joy, & create the peace we desire through proactive generosity. XO ak

@lindsaylohan

It's good to sit with yourself and have alone time

@kelly_clarkson

5:30 AM is definitely too early to have to wake up.

@AlbertBrooks

My New Year's resolution was to stop tweeting.

McConaughey pops the question

▶ Matthew McConaughey

It only took five years and two children together, but Matthew McConaughey is now sure he wants to settle down with Camila Alves.

"Just asked Camila to marry me. Merry Christmas," McConaughey posted on his WhoSay page on Christmas Day, accompanied by a photo of the pair kissing. There's no word on when the wedding will take place, but chances are the happy couple aren't in any hurry. METRO

▶ Kate Middleton and Prince William

Royal couple keeps things low key

Prince William and his wife, Kate Middleton, decided to cancel a holiday ski trip because of the continuing recession in England, according to Us Weekly.

"The palace thinks it would send a bad message to be away during this time," a source says.

The royal couple instead spent Christmas with the Queen in Norfolk before spending the rest of the holiday week with Middleton's family.

METRO

Saldana and Cooper: It's on

After splitting with her fiancé of 11 years in November, Zoe Saldana has reportedly moved on to People magazine's Sexiest Man Alive, Bradley Cooper, according to E! News.

"They are totally dating," a source says of the pair, who co-star in the upcoming film The Words.

The source adds that the pair are trying to keep their budding relationship under wraps.

METRO

Zoe Saldana

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14A – Violence, coarse language

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3 life

Germs

A study by researchers at Laval University found that bacteria thrives on paper products and even on unused paper towels. Research into bacterial transmission from paper towels has not previously been well documented. A study of six towel brands, all commercially sold in Canada, showed all had germs. However, recycled towels were the most heavily contaminated. No illness was found to be connected to paper towel use.
THE ASSOCIATED PRESS

Study finds nearly quarter of women get a prenatal thyroid check

ISTOCK PHOTO

▶ It's that time of year when we set resolutions in place.

Plan, not procrastinate

◐ New Year's resolutions are plentiful right now ◐ To make them stick, start making a plan

CELIA MILNE
LIFE@METRONEWS.CA

Want to lose weight by getting fit? Put it in your calendar.

Most New Year's resolutions fail because they are too lofty and vague. "Exercise more" is a tough instruction to follow. Where would you begin? Scientific studies have found people are more likely to be physically active if they make a realistic and detailed action plan.

Your action plan might look like this: "Monday: walk at the mall 7 p.m. for half an hour, medium intensity." Wednesday's plan could be: "Lift weights, at home, 8 a.m., 20 minutes, three repetitions." And Friday's plan could be: "Boot camp, at the gym, 5:30 p.m., 45 minutes, full intensity." On Saturday? Get outside and have fun.

"Baby steps are important," says Sammie Kennedy, the creator and CEO of Booty Camp Fitness, a growing company dedicated to helping women get active.

"When you make smaller changes over time, it becomes less overwhelming and you are more likely to gain positive momentum from actually achieving your small goals. You feel positive, you see results and you are far more likely to be successful in your larger, long-term goals."

Boot camps are growing in popularity because they are a fun and social way to lose weight and get fit. Booty Camp Fitness, which is run by women for women, has nearly 100 locations across Canada, including British Columbia, Alberta, Ontario and New Brunswick. Kennedy has observed that the most successful clients in her eight-week boot camps are those who declare their goals, attend class regularly and make small lifestyle changes they can stick with in their daily lives.

Get fit

Here's three tips for starting the New Year off right.

- **Start slow** Work your way up from exercising twice a week to as many days as you would like to achieve.
- **Change it up** Add something new/different to your fitness routine once a month.
- **Food is important** Eat a nutritious breakfast every morning.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Wipe Out Germs at Home Since germs tend to get passed around among family members, front-line wellness strategies include frequent handwashing and sneezing into a tissue or your sleeve, as well as getting a flu shot. But taking some time this week to do some post-party housecleaning is also a good way to get rid of germs — just be sure you know which cleaners work, and which ones could make things worse. Writer Lisa Bendall checked it out in the December issue of Best Health.

"We don't need to sterilize our homes; we just need to keep them clean," says Dr. Camille Lemieux, associate director of the University Health Network's Infection Prevention and Control Unit in Toronto.

Indeed, Health Canada warns against using products in the home labelled 'antibacterial', 'antimicrobial' or 'bacteria-fighting', which typically contain benzalkonium chloride or triclosan, to kill common bacteria and viruses.

These chemicals may also wipe out the friendly bacteria we need to fight germs and stay healthy.

Plus, many health experts and agencies warn these products can lead to a rise in antibiotic-resistant bacteria.

(However, products with antibacterial chemicals may be recommended in institutional settings such as hospitals, where traffic is high and the volume of germs on surfaces can be greater.)

So, what works best at home? Plain water won't suffice, but a cleaning product with a surfactant detergent will remove the germs we don't want.

Products with hydrogen peroxide or bleach can kill or inactivate viruses. Products labeled 'disinfectant' will also inactivate disease-causing bacteria and viruses, and don't necessarily contain the antibacterial chemicals health experts recommend avoiding.

And good old vinegar and water (a 1:1 solution) may work, too.

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Don't overlook Bier Haus

1410 is a popular nightlife spot But its lunch menu serves up tasty fare, from lighter wraps to heartier sandwiches in doughy, delicious pretzel rolls

LUNCH RUSH

DAN CLAPSON
FOOD@METRONEWS.CA

DAN CLAPSON

Lobster Roll with Lemon Caper Aioli

Perhaps best known for its busy nightlife scene, I feel as though 1410's lunch menu is often overlooked, and it's surprisingly tasty.

My date and I reasoned that since we had overdosed on comfort food at holiday gatherings, it might be wise to go for some fresh, lighter fare.

She ordered the Strawberry, Turkey and Brie Wrap ($13) and I went for the Lobster Roll ($14); both came with a choice of two sides.

Served in a pretzel roll, a generous amount of lobster was tossed in a house-made lemon caper aioli. The bun was doughy and salty in that typical, delicious pretzel way and the aioli was tangy and bright.

The last bite of my sandwich, with the crisp lettuce and seafood, made me think that maybe the Lobster Roll was a bad choice after all, as it reminded me that summer is still six months away.

1410 Bier Haus
1410-17th Ave. SW
403-229-1410
1410bierhaus.com
Hours: Mon.-Sun. - 11 a.m. to 2 a.m.
Price range: $10-$15
Social lunch: Yes
Quick solo lunch: Yes
Reservations: Yes
Licensed: Yes
Rating: 4 out of 5

NEWS CANADA

BLT Egg Wrap

Preparation:

1. Cook bacon in non-stick skillet over medium heat until crisp. Set aside; wipe skillet.
2. Whisk together egg, onion powder, salt and pepper in small bowl. Pour into skillet; cook, stirring slightly, over medium heat.
3. Cook until eggs are thickened and no visible liquid egg remains. Spread tortilla with mayonnaise. Place lettuce on top; add bacon, egg and tomato. Fold wrap and serve. **NEWS CANADA**

Ingredients:

- Slice chicken or turkey bacon, cooked
- Egg
- ¼ tsp (1 mL) onion powder
- Salt and pepper, to taste
- Low-fat flour tortilla
- 2 tsp (10 mL) fat-free mayonnaise
- Leaf lettuce
- 1 tbsp (30 mL) tomato, diced

Thinking of going back to school part-time?

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A year in tweets

Nowadays Twitter is how many people communicate with each other New book shows that some people use it better than others

DOROTHY ROBINSON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Out of the billions and billions of tweets sent out in 2011, which ones captured that certain moment in time the best?

Instead of sifting through all of those to find the best ones, we luckily have author Kate Bussmann, who compiled the book A Twitter Year: 365 Days in 140 Characters, which distills a year of conversation, argument, revelation and revolution into a review of the year as written by the Twitter community.

Bussman corresponded with us — in more than 140 characters — about the compilation.

First of all, why a book on the year in tweets?

This has been a banner year for Twitter. The numbers keep on rising — when my book went to press, we were up to 230 million tweets per day, from 65 million in June 2010. And that number is already out of date — we're now up to 250 million.

For me and millions of others, the way we consume news has dramatically changed since the birth of Twitter.

We've become a lot more demanding, and we've got used to being able to control who and what we're watching.

We used to turn on CNN when a big story like the rescue of the Chilean miners was breaking.

Now we're likely to be on Twitter as well, because we want to get reaction from experts we trust or speak to our friends, and Twitter allows us to edit and create our own bespoke news channel.

How did you narrow down what to put in the book? How did they stand out from the rest? And how did you uncover them?

It's been an incredibly eventful year: The Royal Wedding, the Arab Spring, the News Corp. scandal, the rescue of the Chilean miners, the capture of Osama bin Laden, the attacks in Norway, the Japanese earthquake and nuclear disaster, the death of Amy Winehouse, Schwarzenegger's secret son. … So I really had a wealth of material to choose from. When it came to picking tweets about news events, my main priority was to find people who were firsthand witnesses to the events they were describing; so with the Egyptian revolution, for instance, I looked for people who were in Tahrir Square on Feb. 11, the day that Mubarak fell.

ISTOCK

▶ Author Kate Bussmann says there are up to 250 million tweets being sent out per day.

Do you find Twitter to be a major help in your life or a major distraction?

Both! I'm actually trying to scale back a bit, particularly when I'm not at my desk.

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BEING PROACTIVE TO PREVENT POOP

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Mr. MacPherson,
I recently moved into a new home, and was disappointed to find at least a dozen "housewarming gifts" from the neighbour's dog in our backyard. Being the new kid on the block, I do not want to make waves so quickly and am hesitant to have my introduction to the neighbours be in the form of a complaint. How can I tactfully ask them to prevent their dog from targeting my lawn — or, at least to pick up afterwards?
Best wishes,
JB

Dear JB,

Wow! Not the "housewarming gift" you expected I'm sure!

However let's think about this for a few minutes. Firstly, I would do nothing about the dog visiting your backyard (other than clean up the mess to start with), and secondly, I would make sure that my fence is in good order, with no holes, etc.

Now, how about taking the initiative and introducing yourself to your neighbour.

This would allow you to start a friendly neighbourly relationship so that if, worst-case scenario, their dog does come into your yard, you will be in a much better and more comfortable position to approach them to deal with the issue.

Good luck, and let us know how it turns out!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

▶ Let's hope this guy cleans up after his dog.

YOUR NET WORTH

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

I love setting financial goals for the new year. But over the years I've learned to pare back to just one or two that I can really focus on, rather than 10 smaller ones.

Take 60 seconds and think about what you'd like to change about your financial health in 2012.

The most popular areas are debt reduction, frugal living and investing.

All three of these elements contribute to your overall net worth; what you have left over when your total liabilities are subtracted from your total asset.

Where does your net worth stand? And no, your car isn't considered an asset so scratch it off the list.

Set a net worth goal this year. So, if your net worth is currently $12,500, aim to increase it through debt reduction and asset growth to $20,000 by the end of 2012.

Hands down, the most effective ways to reduce debt are to make your payments automatically on the day you get paid, pay a little extra each month (even $10 makes a difference), and negotiate your interest rates so that you pay as little interest as possible.

The most effective ways to increase your assets are to save through an employer sponsored RRSP, pension or savings program.

If you've been sitting on the fence about home ownership, stop renting and build equity in your own home. But, this only makes sense if your cash flow can handle it.

Living a frugal life minding your dollars and cents will help you accomplish your goals. **FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA**

Befriend your finances

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

This is an important day for me. My new book Count on Yourself: Take Charge of Your Money (Simon & Schuster Canada) is now in stores and available online. This marks book number 11 (the rest co-authored with David Cruise) so you wouldn't think I'd find it such a big deal any more.

But I do and it's because the topic has never been so important. With the economic events of the past few years, our increasing debt load and the terrible state of so many retirement portfolios and savings plans — we must start taking charge of our money.

You don't need to be good in math or even comfortable with numbers in order to do so. All that's required is a plan.

It's particularly vital for us to seize control in the realm of investing. Most people hand over decisions about what they buy for RRSPs, RESPs, RRIFs and TFSAs to someone else because they are intimidated.

The financial services industry has done a superb job of convincing us that investing is way too complicated for the average Joe and Jill. Not so!

My goal in Count on Yourself is to give you the confidence and tools to set up and monitor a simple, safe, low-fee investment portfolio — and the best news is that it will out-perform most professionally constructed portfolios.

The first part of the book explores our attitudes toward money and how they stop us from taking charge of our money. The second section offers tips to help you become financially organized while the third shows you how to evaluate your situation and needs.

"The financial services industry has done a superb job of convincing us that investing is way too complicated for the average Joe and Jill. Not so!"

Finally, I introduce you to a group of low-fee, low stress and easily understandable sample portfolios using Exchange Traded Funds (ETFs) and index mutual funds.

When you're finished you will be in control of your money whether you use an advisor or prefer to do it yourself.

After the initial setup it will only take 30 minutes a month to stay on top of your investments.

There's also a contest to win a one-on-one telephone consult with yours truly about anything to do with personal finance or investments. You can enter through the Count on Yourself link on my website, alisongriffiths.ca.

Happy New Year all and I hope 2012 becomes a take-charge-of-your-money year.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

10 ways to reduce your tax bill

Tax season fills many of us with a sense of dread and panic Here's a few tips to help ease the stress

The holiday decorations are all packed away, the New Year's resolutions made, and spring is around the corner. Before you know it, tax season will be here.

Before you start filing your taxes, here are 10 ways that may help you reduce your tax bill and may even land you a refund.

For individuals:

Plan ahead
Make sure to gather your receipts and NETFILE code, register for My Account, and sign up for direct deposit before April 30. Submitting your income tax and benefit return before the tax-filing deadline means you can avoid having to pay late-filing penalties.

TFSA
A tax-free savings account (TFSA) is one great way to save money, since you don't pay tax on any income you earn from investments in your TFSA.

RRSP
Any income you earn in a registered retirement savings plan (RRSP) is exempt from tax, as long as the funds stay in the plan. RRSPs help you save for your retirement and get a break at tax time too.

Public transit tax credit
If you or someone in your family is a regular user of public transit then you may be able to claim a non-refundable tax credit based on the cost of eligible transit passes.

Pension income splitting
If you are receiving income from a pension, you can split up to 50 per cent of eligible pension income with your spouse or common-law partner to reduce the taxes you pay.

Students
Are you still in school? Students can claim the tuition, education, and textbook amounts. Have you graduated recently? You may be eligible to claim the interest you paid on your student loans.

Child care expenses
For those who have children, you may be able to claim child care expenses that you or your spouse or common-law partner paid so that either of you could work, do research, or go to school.

Home buyer's tax credit
If you're a first-time home buyer you may be eligible to claim $5,000 on the purchase of your new home, which can save you up to $750.

For people who are self-employed:

Hiring an apprentice
Did your business employ an apprentice? A salary paid to an employee registered in a prescribed trade in the first two years of his or her apprenticeship contract qualifies for a non-refundable tax credit for the employer.

Creating child care spaces
Did your business (which is not mainly a child care services business) create licensed child care spaces for the children of your employees? If so, you may be eligible for an investment tax credit for the child care spaces you created.

More tips can be found online at cra.gc.ca/getready.

NEWS CANADA

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4 sports

Flames preview

Calgary at Washington
5 p.m.
TV: SNET

The Flames (18-17-5) head to Washington (20-15-2) looking to improve their road record. Calgary is 8-12-3 on the road, while the Capitals are 13-5-1 at home. Alex Ovechkin has six goals and nine points in his last six games, including six points during Washington's current three-game winning streak. Alexander Semin has nine points and is a plus-6 in his last seven games. Mike Green (groin) is practising with the team and could return this week.
THE CANADIAN PRESS

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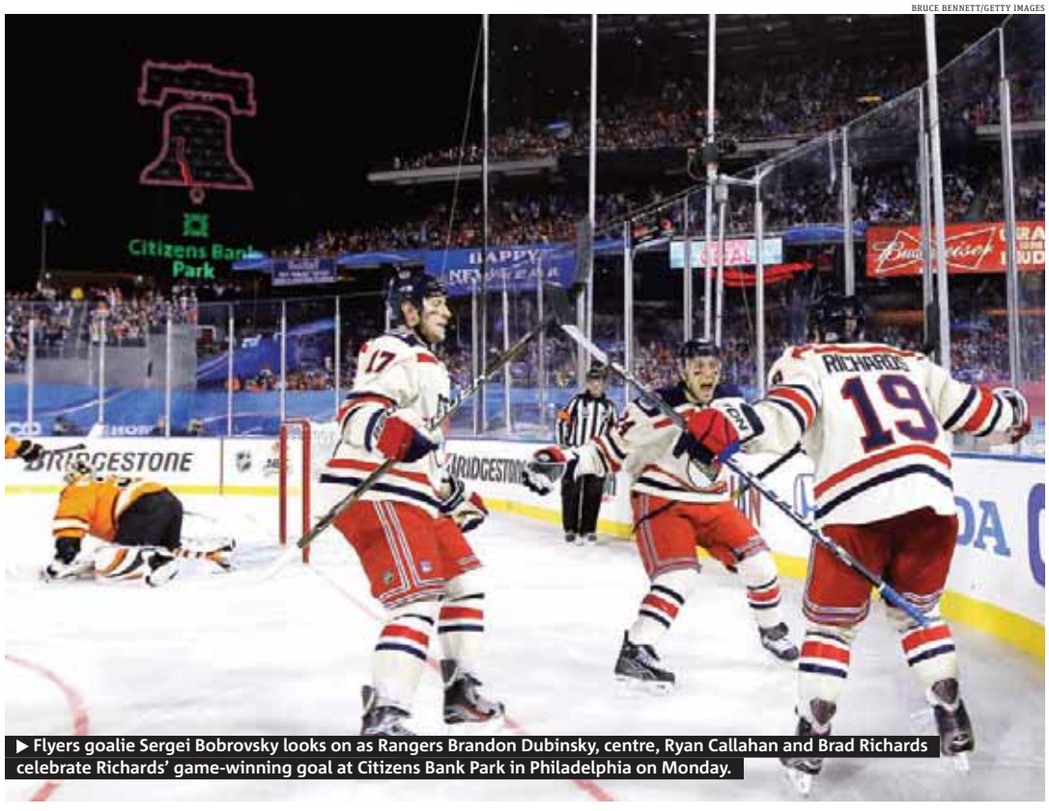
BRUCE BENNETT/GETTY IMAGES



▶ Flyers goalie Sergei Bobrovsky looks on as Rangers Brandon Dubinsky, centre, Ryan Callahan and Brad Richards celebrate Richards' game-winning goal at Citizens Bank Park in Philadelphia on Monday.

Rangers rise above the elements in Philly

Flyers' Briere has penalty shot turned aside in final seconds of Winter Classic ◐ New York coach Tortorella calls game's officiating 'disgusting'

Alone in the cold, it was up to Henrik Lundqvist to preserve a Winter Classic comeback.

His signature moment came with 19.6 seconds left after New York defenceman Ryan McDonagh was whistled for covering the puck in the crease. Flyers centre Danny Briere streaked down the ice — with bundled-up fans behind him — trying to send this one into overtime.

Lundqvist dropped to his knees on top of a chilly baseball field and stoned Briere when the centre tried to sneak it through his legs.

This made-for-TV showcase had found its brightest star.

Lundqvist stopped 34 shots, Brad Richards scored the go-ahead goal early in the third period and the New York Rangers rallied from a two-goal deficit to beat the Flyers 3-2 in the Winter Classic on Monday in front of 46,967 fans at Citizens Bank Park in Philadelphia.

	RANGERS	FLYERS
	3	2

"I was just trying to be patient and do my thing," Lundqvist said. "He's a sneaky guy, and there was a lot of pressure on me."

More pressure than most games in January. This game received the kind of hype normally reserved for the Stanley Cup final. NBC televised the game and HBO had 12 camera crews filming for its 24/7 series.

Rangers coach John Tortorella wondered if the officials wanted their own time in the spotlight to build the drama.

"I'm not sure if NBC got together with the refs to turn this into an overtime game. I thought the game was reffed horrible."
RANGERS COACH JOHN TORTORELLA ON THE WINTER CLASSIC'S OFFICIATING

"They called a penalty shot, which I still don't understand," he said.

"I just thought tonight, in that third period, it was disgusting."

Mike Rupp scored twice as New York won for the third time this season against Philadelphia.

Playing on a rink that stretched from first base to third base, the Rangers made the league's fifth Classic a memorable one to stay atop the Eastern Conference standings.

The NHL surrounded the rink with Christmas trees, firewood, fake snow, and even trash-can fires. But there was nothing artificial in the elements with snow flurries late in the second period and near-freezing temperatures.

The Flyers ended the game without Jaromir Jagr, their star forward who left the game in the second period. The 39-year-old Jagr said after the game he injured his left leg and expected to return soon.

Rookie Brayden Schenn and Claude Giroux scored to give the Flyers the early lead, as it appeared early on that the home team would open 2012 with a win.
THE ASSOCIATED PRESS

Canadians cautious as flu bug hits coaches

Canada's coaches needed a day without a game at the world junior hockey championship more than the players did.

Head coach Don Hay and assistant Scott Walker weren't on the ice for Monday's practice. The two were sequestered in the team hotel with the flu.

Assistant coaches George Burnett and Ryan Huska ran drills at Canada Olympic Park as the Canadians prepared for Tuesday's semifinal at Scotiabank Saddledome.

Canada faces Russia, which beat the Czech Republic 2-1 in overtime in Monday's quarter-final.

Huska expected Hay to be behind Canada's bench Tuesday night in a game that will determine which country plays for gold.

"Don, he'll be back," Huska said. "We're just taking all the precautions we can right now."

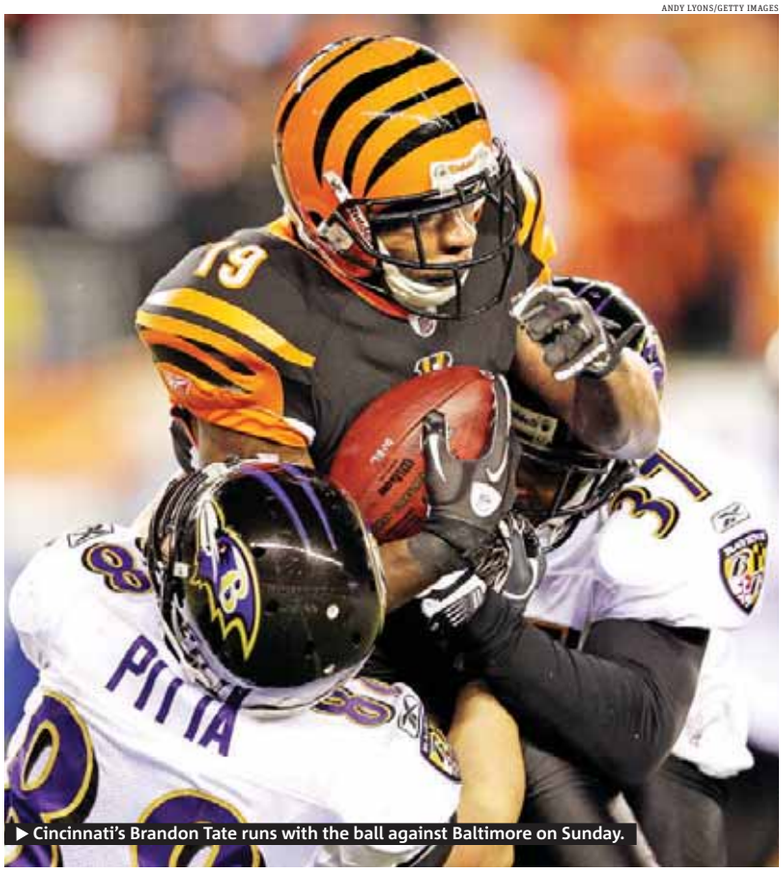
After going 4-0 to win Pool B, the Canadians had two straight days without a game and a bye to the semifinal. Sweden won Pool A with a 2-0-2 record and also had Monday off. Finland beat Slovakia 8-5 Monday night to set up a semifinal clash with rival Sweden.

It's worrisome for the Canadians that the flu bug has struck. Forward Michael Bournival sat out last week's game against Denmark because of it, although he was back in the lineup for Saturday's 3-2 win over the U.S. in Edmonton. THE CANADIAN PRESS

JOHN ULAN/THE CANADIAN PRESS

"It'll probably help bring us closer together and remind us to take care of ourselves even more, so I think we'll be ready for the game (Tuesday)."
CENTRE FREDDIE HAMILTON ON HOW TEAM CANADA WILL BATTLE THROUGH THE FLU BUG

ANDY LYONS/GETTY IMAGES



▶ Cincinnati's Brandon Tate runs with the ball against Baltimore on Sunday.

Bengals get one more shot

After going 0-7 against other teams that made the playoffs, Cincinnati has something to prove

The Cincinnati Bengals had seven chances to beat a top-tier team during the season, and lost all seven games. Their eighth comes in the playoffs.

It's one more chance to show they belong with the league's elite.

The Bengals' enchanted year has stretched into the post-season, a most improbable finishing place for one of the NFL's youngest teams. They had a lot of things go their way — the schedule was favourable and most of their key players avoided serious injuries.

And, in the end, the Bengals (9-7) got into the playoffs with a lot of help. The Jets, Broncos and Raiders melted down, allowing Cincinnati to claim the final wild-card berth despite a 24-16 loss to Baltimore.

"We definitely haven't played our best game yet."
BENGALS QUARTERBACK ANDY DALTON

They'll play at Houston on Saturday.

"The sky's the limit for our team," offensive tackle Andre Smith said. "I think we're going to take advantage of this week."

They've got the chance because they've been good at beating bad teams.

The Bengals went 0-7 against other teams in the playoffs — AFC North rivals Baltimore and Pittsburgh, as well as Denver, San Francisco and Houston. Their nine wins came against teams that had a combined 43-85 record.

Five of their nine wins came against teams that finished in last place. They beat only one team that finished with a winning record — Tennessee.

"It's just unfortunate that we're losing to some of the better teams," defensive tackle Domata Peko said. "We've been in each of those games, a play or two away from winning those games.

"But we're just happy around here that we're in the dance and have to now prove to the world that we belong here."

Although they haven't beaten another playoff team, they've come close. Often, they've fallen behind and rallied to another near-miss. Their only blowout loss was 35-7 at Pittsburgh. Otherwise, they've lost by two, five, seven (twice) and eight points to the other playoff-bound teams.

THE ASSOCIATED PRESS

Sports in pictures

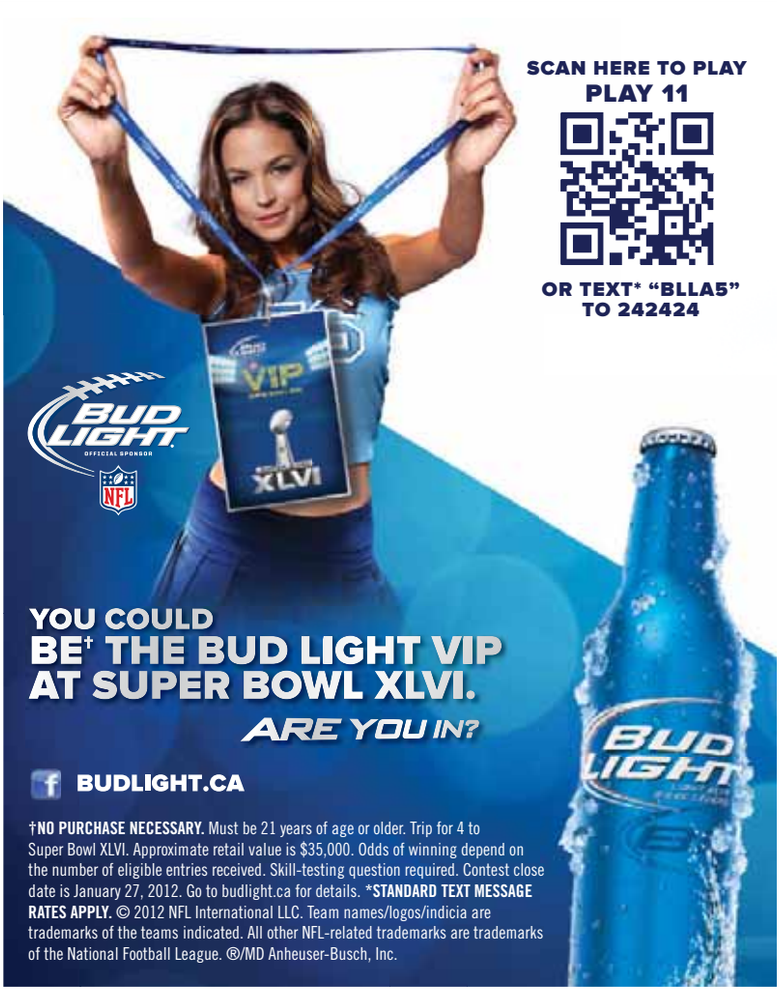
PHOTOS
1. NED DISHMAN/GETTY IMAGES
2. MARC SEROTA/GETTY IMAGES
3. VEZRA SHAW/GETTY IMAGES

1 Hanley Ramirez says he'll accept a position switch to third base so Miami Marlins newcomer Jose Reyes can play shortstop.

2 The Indianapolis Colts have fired team vice-chairman Bill Polian and his son, Chris, the club's general manager. Owner Jim Irsay announced the moves Monday, one day after the team finished the year 2-14. Head coach Jim Caldwell was retained.

3 The Buccaneers fired Raheem Morris on Monday after his three seasons as Tampa Bay's head coach. Morris went 17-31, including a 10-6 mark in 2010, when the Bucs (4-12) narrowly missed the playoffs.

THE ASSOCIATED PRESS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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	37	24	9	1	3	110	79	52	11-3-0-2	13-6-1-1	7-3-0-0	W2
d-Boston	35	24	10	0	1	123	68	49	13-6-0-1	11-4-0-0	7-3-0-0	L1
d-Florida	39	20	12	3	4	103	107	47	10-4-1-4	10-8-2-0	4-4-1-1	W1
Philadelphia	37	22	11	2	2	125	109	48	8-6-1-1	14-5-1-1	5-4-0-1	L1
Pittsburgh	38	21	13	2	2	121	100	46	11-5-2-0	10-8-0-2	5-5-0-0	L2
Ottawa	40	20	15	3	2	123	135	45	12-8-0-1	8-7-3-1	7-3-0-0	W3
New Jersey	38	21	15	1	1	105	108	44	10-6-0-1	11-9-1-0	7-2-1-0	L1
Winnipeg	38	19	14	3	2	104	107	43	14-6-0-1	5-8-3-1	6-3-0-1	W3
Washington	37	20	15	0	2	111	109	42	13-5-0-1	7-10-0-1	6-3-0-1	W3
Toronto	38	18	15	3	2	118	125	41	8-5-2-2	10-10-1-0	3-5-2-0	L3
Buffalo	38	17	17	2	2	100	112	38	9-9-2-2	8-8-0-0	2-6-1-1	L3
Tampa Bay	37	17	17	1	2	104	122	37	11-5-0-0	6-12-1-2	5-4-1-0	W3
Montreal	39	14	18	2	5	99	110	35	5-7-2-4	9-11-0-1	3-7-0-0	L2
NY Islanders	36	13	17	4	2	84	113	32	8-9-3-0	5-8-1-2	4-6-0-0	W2
Carolina	40	13	21	4	2	103	135	32	9-10-0-2	4-11-4-0	4-4-2-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	39	24	11	1	3	128	111	52	14-4-0-3	10-7-1-0	7-3-0-0	L1
d-Vancouver	40	24	13	0	3	131	99	51	11-5-0-2	13-8-0-1	6-3-0-1	L2
d-San Jose	35	20	11	3	1	102	85	44	12-7-2-0	8-4-1-1	5-2-2-1	W1
Detroit	38	24	13	1	0	123	84	49	15-2-1-0	9-11-0-0	6-4-0-0	W1
Minnesota	40	21	13	2	4	95	95	48	11-6-1-2	10-7-1-2	1-6-0-3	L1
St. Louis	38	21	12	0	5	95	85	47	14-3-0-2	7-9-0-3	5-3-0-2	L3
Nashville	39	21	14	3	1	105	108	46	11-6-2-1	10-8-1-0	7-3-0-0	W3
Los Angeles	39	19	14	3	3	86	90	44	11-9-0-1	8-5-3-2	6-2-1-1	W1
Dallas	37	21	15	0	1	100	107	43	12-6-0-1	9-9-0-0	6-4-0-0	W1
Colorado	40	21	18	1	0	108	115	43	13-10-0-0	8-8-1-0	8-2-0-0	W2
Phoenix	39	19	16	2	2	102	103	42	7-8-2-1	12-8-0-1	4-5-1-0	W1
Calgary	40	18	17	3	2	99	111	41	10-5-1-1	8-12-2-1	4-3-2-1	L3
Edmonton	38	16	19	0	3	104	107	35	10-6-0-2	6-13-0-1	3-7-0-0	W1
Anaheim	37	10	21	2	4	87	124	26	7-11-1-0	3-10-1-4	2-7-0-1	L2
Columbus	38	10	23	1	4	93	128	25	6-11-1-2	4-12-0-2	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Edmonton 4 Chicago 3
Ottawa 3 New Jersey 2 (OT)
San Jose 3 Vancouver 2 (SO)
Colorado at Los Angeles

NHL WINTER CLASSIC
At Philadelphia
N.Y. Rangers 3 Philadelphia 2

Sunday's result
Nashville 5 Calgary 3

Tonight's games
All Times Eastern
Calgary at Washington, 7 p.m.
Edmonton at Buffalo, 7 p.m.
Tampa Bay at Toronto, 7 p.m.
N.Y. Islanders at Carolina, 7 p.m.
Phoenix at St. Louis, 8 p.m.
Detroit at Dallas, 8 p.m.

Tomorrow's games
Winnipeg at Montreal, 7:30 p.m.
Boston at New Jersey, 7:30 p.m.
Minnesota at Vancouver, 10 p.m.
San Jose at Anaheim, 10 p.m.

Thursday's games
Calgary at Boston, 7 p.m.
Winnipeg at Toronto, 7 p.m.
Florida at N.Y. Rangers, 7 p.m.
Chicago at Philadelphia, 7 p.m.
Tampa Bay at Ottawa, 7:30 p.m.
Edmonton at St. Louis, 8 p.m.
Dallas at Nashville, 8 p.m.
Phoenix at Los Angeles, 10:30 p.m.
Columbus at San Jose, 10:30 p.m.

Friday's games
Florida at New Jersey, 7 p.m.
N.Y. Rangers at Pittsburgh, 7 p.m.
Buffalo at Carolina, 7 p.m.
Colorado at Chicago, 8:30 p.m.
N.Y. Islanders at Anaheim, 10 p.m.

SHARKS 3, CANUCKS 2 (SO)

First Period
1. Vancouver, Hansen 12 (Hodgson) 15:42
Penalties — Murray SJ (interference) 2:57, Murray SJ (interference) 16:13, Burrows Vcr (hooking) 17:24, Demers SJ (high-sticking) 19:05.
Second Period
2. San Jose, Ferriero 3 (Clowe, Couture) 1:34
3. San Jose, Marleau 14 (Braun, Pavelski) 10:32
Penalties — Ebbett Vcr (tripping) 3:02, Vlasic SJ (slashing), Burrows Vcr (slashing) 19:48.
Third Period
4. Vancouver, Hodgson 9 (Hamhuis, Bieksa) 11:35 (pp)
Penalties — Demers SJ (tripping) 1:40, Burns SJ (high-sticking) 2:31, Luongo Vcr (delay of game; served by D.Sedin) 6:05, Clowe SJ (holding) 10:31.
Overtime
No Scoring.
Penalties — None.
Shootout
San Jose wins 1-0
San Jose (1) — Clowe, miss; Pavelski, miss; Handzus, goal; **Vancouver (0)** — Burrows, miss; Hodgson, miss; Kesler, miss.

Shots				
San Jose	7	17	9	2—35
Vancouver	9	7	11	2—29

Goal — San Jose: Niemi (W,16-7-4); Vancouver: Luongo (SOL,16-8-3). **Power plays (goals-chances)** — San Jose: 0-3; Vancouver: 1-6. **Referees** — Dean Morton, Tim Peel. **Linesmen** — Brad Lazarowich, Don Henderson. **Attendance** — 18,860 (18,860) at Vancouver.

OILERS 4, BLACKHAWKS 3

First Period
1. Chicago, J.Toews 22 (Carcillo) 12:54
Penalties — Carcillo Chi (hooking) 3:54, Potter Edm (holding) 7:27.
Second Period
2. Edmonton, Smyth 15 (Horcoff, Hall) 7:39 (pp)
3. Edmonton, Hall 11 (Eberle, Potter) 11:00 (pp)
4. Chicago, Brunette 9 (Hjalmarsson, Kane) 12:39
5. Edmonton, Sutton 2 (Eberle, Smyth) 16:23
Penalties — Hemsky Edm (hooking) 3:11, Carcillo Chi (boarding major, game misconduct) 7:23, Sharp Chi (cross-checking) 18:47.
Third Period
6. Edmonton, Eager 3 (Petry) 8:17
7. Chicago, Hayes 1 (Bickell, Mayers) 16:11
Penalties — Belanger Edm (double high-sticking) 11:14, Jones Edm (goaltender interference) 16:23.

Shots				
Edmonton	11	13	6	30
Chicago	10	9	23	42

Goal — Edmonton: Dubnyk (W,5-9-0); Chicago: Crawford (L,15-9-2). **Power plays (goals-chances)** — Edmonton: 2-5; Chicago: 0-5. **Referees** — Steve Kozari, Francois St. Laurent. **Linesmen** — Bryan Pancich, Scott Driscoll. **Attendance** — 21,216 (19,717) at Chicago.

FOOTBALL

NCAA BOWL GLANCE

All Times Eastern
Yesterday's results
TICKETCITY BOWL
At Dallas
Houston 30 Penn State 14
CAPITAL ONE BOWL
At Orlando, Fla.
South Carolina 30 Nebraska 13
OUTBACK BOWL
At Tampa, Fla.
Michigan State 33 Georgia 30 (3OT)
GATOR BOWL
At Jacksonville, Fla.
Florida 24 Ohio State 17
ROSE BOWL
At Pasadena, Calif.
Oregon 45 Wisconsin 38
FIESTA BOWL
At Glendale, Ariz.
Stanford (11-1) vs. Oklahoma State (11-1)
Tonight's game
SUGAR BOWL
At New Orleans
Michigan (10-2) vs. Virginia Tech (11-2), 8 p.m.
Tomorrow's game
ORANGE BOWL
At Miami
West Virginia (9-3) vs. Clemson (10-3), 8 p.m.
Friday's game
COTTON BOWL
At Arlington, Texas
Kansas State (10-2) vs. Arkansas (10-2), 8 p.m.
Saturday's game
BBVA COMPASS BOWL
At Birmingham, Ala.
Pittsburgh (6-6) vs. Southern Methodist (7-5), Noon

HOCKEY

2012 WORLD JUNIOR CHAMPIONSHIP

All Times Eastern

CHAMPIONSHIP BRACKET

Yesterday's results
At Calgary
QUARTER-FINALS
QF1 — Finland 8 Slovakia 5
QF2 — Russia 2 Czech Republic 1 (OT)
Today's games
At Calgary
SEMIFINALS
Sweden vs. Finland, 5 p.m.
Canada vs. Russia, 9 p.m.
Tomorrow's games
FIFTH PLACE
Slovakia vs. Czech Republic, 9 p.m.
Thursday's games
BRONZE MEDAL
Semifinals losers, 3:30 p.m.
GOLD MEDAL
Semifinals winners, 8 p.m.

2012 WORLD UNDER-17 CHALLENGE

At sites in Southwestern Ontario
All Times Eastern

PRELIMINARY ROUND

GROUP A

	GP	W	OT	W	OT	L	GF	GA	Pt
Ontario	4	4	0	0	0	0	21	4	12
Sweden	4	3	0	0	0	1	22	14	9
Quebec	4	2	0	0	0	2	11	15	6
Atlantic	4	1	0	0	0	3	8	17	3
Germany	4	0	0	0	0	4	5	17	0

Group B

	GP	W	OT	W	OT	L	GF	GA	Pt
U.S.	4	3	0	0	0	1	18	9	9
Pacific	4	3	0	0	0	1	15	9	9
Russia	4	3	0	0	0	1	15	11	9
Czech Republic	4	1	0	0	0	3	8	14	3
West	4	0	0	0	0	4	10	23	0

Note: Three points awarded for a regulation win, two for an overtime win and one for an overtime loss.
Yesterday's results
At Windsor, Ont.
Ontario 6 Quebec 2
Sweden 8 Atlantic 2
At LaSalle, Ont.
Russia 6 West 3
At Tecumseh, Ont.
U.S. 4 Pacific 2
Sunday's results
At LaSalle, Ont.
Ontario 3 Atlantic 0
Russia 3 Czech Republic 2
At Tecumseh, Ont.
Sweden 5 Germany 2
U.S. 7 West 3

PLAYOFFS

Today's games
At Windsor, Ont.
SEMIFINALS
U.S. vs. Sweden, 2 p.m.
Ontario vs. Pacific, 7 p.m.
At Tecumseh, Ont.
SEVENTH PLACE
Atlantic vs. Czech Republic, 7 p.m.
At LaSalle, Ont.
NINTH PLACE
Germany vs. West, 2 p.m.
FIFTH PLACE
Quebec vs. Russia, 7 p.m.
Tomorrow's games
At Windsor, Ont.
THIRD PLACE
Semifinal Losers, 2 p.m.
CHAMPIONSHIP
Semifinal Winners, 7 p.m.

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Philadelphia	2	2	.500	—
Boston	3	3	.500	—
Toronto	2	3	.400	½
New York	2	3	.400	½
New Jersey	1	5	.167	2

SOUTHEAST DIVISION

	W	L	Pct	GB
Miami	5	1	.833	—
Atlanta	4	1	.800	½
Orlando	4	2	.667	1
Charlotte	1	3	.250	3
Washington	0	5	.000	4½

CENTRAL DIVISION

	W	L	Pct	GB
Indiana	4	1	.800	—
Chicago	4	1	.800	—
Cleveland	2	2	.500	1½
Milwaukee	2	2	.500	1½
Detroit	2	3	.400	2

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
San Antonio	3	2	.600	—
Houston	2	2	.500	½
New Orleans	2	2	.500	½
Dallas	2	4	.333	1½
Memphis	1	3	.250	1½

NORTHWEST DIVISION

	W	L	Pct	GB
Oklahoma City	5	1	.833	—
Portland	3	1	.750	1
Denver	4	2	.667	1
Minnesota	2	3	.400	2½
Utah	1	3	.250	3

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Clippers	2	2	.500	—
L.A. Lakers	3	3	.500	—
Phoenix	2	3	.400	½
Sacramento	2	3	.400	½
Golden State	2	3	.400	½

Yesterday's results
Phoenix 102 Golden State 91
Boston 100 Washington 92
Indiana 108 New Jersey 94
Detroit 89 Orlando 78
Atlanta 100 Miami 92
Toronto 90 New York 85
Minnesota 106 San Antonio 96
Dallas 100 Oklahoma City 87
Denver 91 Milwaukee 86
Utah 94 New Orleans 90
Sunday's results
Cleveland 98 New Jersey 82
Miami 129 Charlotte 90
Orlando 102 Toronto 96
Boston 94 Washington 86
Minnesota 99 Dallas 82
Denver 99 L.A. Lakers 90
Chicago 104 Memphis 64
Sacramento 96 New Orleans 80
L.A. Clippers 93 Portland 88
Tonight's games
All Times Eastern
Charlotte at Cleveland, 7 p.m.
Atlanta at Chicago, 8 p.m.
Portland at Oklahoma City, 8 p.m.
Sacramento at Memphis, 8 p.m.
Milwaukee at Utah, 9 p.m.
Houston at L.A. Lakers, 10:30 p.m.

NFL

WEEK 17

Sunday's results
Chicago 17 Minnesota 13
New Orleans 45 Carolina 17
Green Bay 45 Detroit 41
San Francisco 34 St. Louis 27
Tennessee 23 Houston 22
New England 49 Buffalo 21
Miami 19 N.Y. Jets 17
Jacksonville 19 Indianapolis 13
Philadelphia 34 Washington 10
San Diego 38 Oakland 26
Kansas City 7 Denver 3
Arizona 23 Seattle 20 (OT)
Atlanta 45 Tampa Bay 24
Baltimore 24 Cincinnati 16
Pittsburgh 13 Cleveland 9
N.Y. Giants 31 Dallas 14
END OF REGULAR SEASON

PLAYOFFS

All Times Eastern

WILD-CARD

Saturday's games
Cincinnati at Houston, 4:30 p.m.
Detroit at New Orleans, 8 p.m.
Sunday, Jan. 8
Atlanta at New York Giants, 1 p.m.
Pittsburgh at Denver, 4:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	19	14	3	2	53	16	45
Manchester Utd	19	14	3	2	49	17	45
Tottenham	18	12	3	3	35	20	39
Chelsea	20	11	4	5	39	25	37
Arsenal	20	11	3	6	36	28	36
Liverpool	19	9	7	3	24	15	34
Newcastle	19	8	6	5	26	25	30
Stoke	20	8	5	7	22	31	29
Norwich	20	6	7	7	30	35	25
Everton	18	7	3	8	19	20	24
Swansea	20	5	8	7	20	23	23
Aston Villa	20	5	8	7	22	26	23
Fulham	20	5	8	7	22	26	23
West Brom	19	6	4	9	19	27	22
Sunderland	19	5	6	8	23	22	21
Wolverhampton	20	4	5	11	22	36	17
QPR	20	4	5	11	19	35	17
Wigan	19	3	6	10	17	37	15
Blackburn	20	3	5	12	29	43	14
Bolton	19	4	1	14	23	42	13

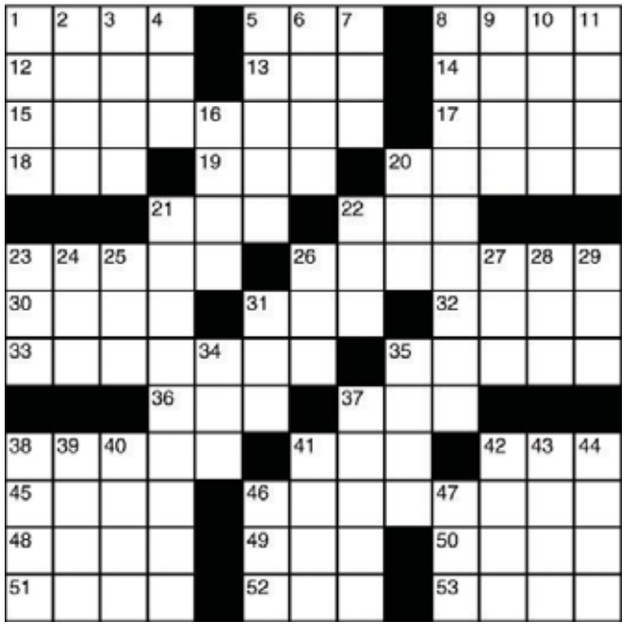
Yesterday's results
Aston Villa 0 Swansea 2
Blackburn 1 Stoke 2
Fulham 2 Arsenal 1
Queens Park Rangers 1 Norwich 2
Wolverhampton Wanderers 1 Chelsea 2
Sunday's results
West Bromwich Albion 0 Everton 1
Sunderland 1 Manchester City 0

SCOTLAND

PREMIER LEAGUE

Yesterday's results
Dundee United 1 Aberdeen 2
Dunfermline 0 Celtic 3
Hibernian 1 Hearts 3
Kilmarnock 2 St Mirren 1
Rangers 3 Motherwell 0

Crossword



Across

1 Level in a hierarchy
5 Lower limb
8 Tranquil
12 Burn soother
13 Hockey surface
14 Hodgepodge
15 Road on a cliff's face
17 Nevada city
18 Greek vowel
19 Carnival venue
20 Beginning
21 Private place to sleep?
22 Compete
23 Cookwear?
26 Guys
30 Back
31 Chicken —
32 Concept
33 Current generator for some engines
35 Confuse
36 A Gabor
37 Ph. bk. data
38 Wooden box
41 Ultra-modernist
42 Periodical, for short
45 Stereo setup
46 City in Ontario
48 "Oh, woe!"
49 Pt. of speech
50 Therefore
51 Impudent
52 Spelling contest
53 Physical

Down

1 Compete on a track
2 Greatly
3 Mrs. Nick Charles
4 Documentary filmmaker Burns
5 Within the law
6 Reverberate
7 "Golly!"
8 Roddy McDowall's "Planet of the Apes" role
9 Brewery products
10 Queue
11 Academic
16 Press
20 Lubricate
21 Musician in the brass section
22 Irritate
23 Upper limb
24 Shell game item
25 Tatter
26 Egg — yung
27 Peculiar
28 Become one
29 Utter
31 Sch. org.
34 Previous night
35 Apollo's landing site
37 Chutzpah
38 Bloke
39 Anger
40 Somewhere out there
41 Protuberance
42 Fraternal surname of comedy
43 Plankton component
44 Snatch, with "onto"
46 Taxi
47 Teeny

▶ Last crossword's answer

S	P	A		B	S	C		H	A	L	V	E
H	E	W		B	A	H		A	B	E	A	M
E	R	A		Q	U	A	T	R	A	I	N	S
A	I	R		S	C	R	O	D				
F	L	E	A		E	O	N		S	O	P	H
			G	A	R		Y	O	N	D	E	R
I	D	E	A	L				V	I	E	W	S
S	U	R	V	E	Y		W	A	D			
M	O	R	E		E	P	A		E	M	I	T
				S	T	O	L	E		O	N	E
Q	U	E	S	T	I	O	N	S		I	T	S
B	L	A	K	E		P	U	P		S	E	T
S	T	R	I	P		S	T	Y		T	R	Y

Sudoku

	9		6	1				
	3		9				7	5
		8	4			2		
						7	8	2
9				3				1
8	7	4						
		7			5	1		
3	5				4		2	
				2	6		5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Last sudoku's answer ▶

9	4	1	2	5	6	3	7	8
7	8	5	9	1	3	6	2	4
6	3	2	4	8	7	9	1	5
8	6	3	1	2	4	7	5	9
1	2	7	5	6	9	4	8	3
5	9	4	3	7	8	1	6	2
2	1	9	7	4	5	8	3	6
4	7	8	6	3	2	5	9	1
3	5	6	8	9	1	2	4	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Damsel in Distress were you my Princess I was writing to . from your Prince Charming? if so it was my pleasure. and you did make an impression on me thank you. I do hope our paths cross again
FROM YOUR HERO

hey
A long time ago was swimming in dizziness every time we touched. Kisses left me craving, phone calls left me expecting, texting left me wondering. Since then we changed for whatever reasons unknown and faded into yesterday. For a fleeting moment felt like I was in heaven! Ah, the hell with romance and true love. Its all lies. Just a fool who let self be fooled. Foolish
FROM ME

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 0°	Min 5°	Min -2°
Max 8°	Max 14°	Max 7°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30 A.M.**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It may seem to others as if nothing ever fazes you but in reality you are quite easily upset.

♉ Taurus April 21-May 21 You will splash out on something shiny that catches your eye today, but you may regret it tomorrow.

♊ Gemini May 22-June 21 Think before you act today because if you let your impulses get the better of you there is no telling where it might lead.

♋ Cancer June 22-July 22 It is possible to be too generous for your own good.

♌ Leo July 23-Aug.23 Don't let your personal feelings interfere with what you must do on the work front today.

♍ Virgo Aug. 24- Sept. 22 Someone in a position of authority may be an idiot but they have got the power to make life difficult for you, so watch what you say.

♎ Libra Sept. 23-Oct. 23 A drama could so easily become a crisis.

♏ Scorpio Oct. 24-Nov. 22 A small change you make today could result in huge consequences further down the line.

♐ Sagittarius Nov. 23-Dec. 21 If your life seems complicated it is only because you are making it complicated.

♑ Capricorn Dec. 22-Jan. 20 Watch out you don't fall heavily for someone who is really not suitable for you at all.

♒ Aquarius Jan. 21-Feb. 18 You may be able to do a particular job better than anyone else but that does not mean you have to do it.

♓ Pisces Feb. 19-March 20. Don't let problems of a domestic nature get you down over the next 24 hours. Most likely by this time tomorrow they will no longer exist, so stay calm and keep smiling.

SALLY BROMPTON

Caption contest

PAT SULLIVAN/THE ASSOCIATED PRESS

"I was paintballing and this is how they got me." ERNESTO GRAVERAN

PAT SULLIVAN/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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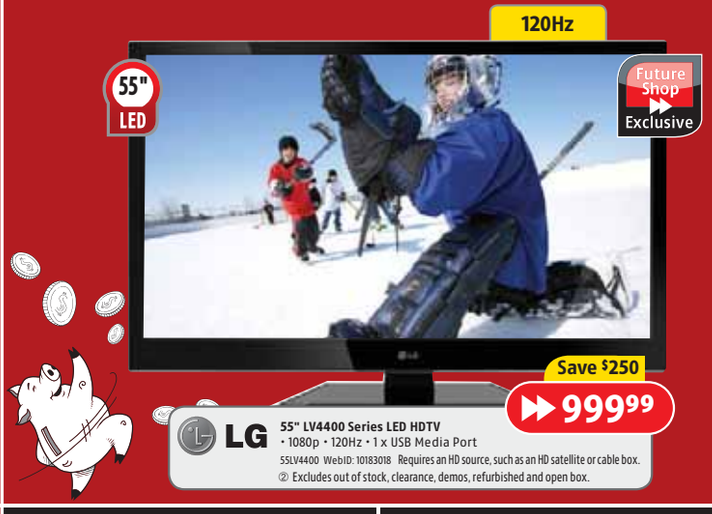

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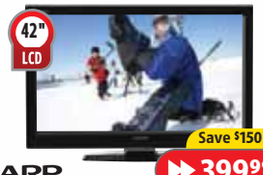

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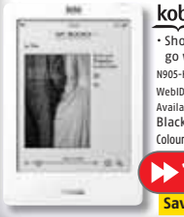

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